

Please find safe snack food listing below or follow this [Safe Snack link](#) , these are suggestions for halftime and end of game snacks.

Safe Snack Options (peanut butter, nuts or cooked egg free), please be sure to check ingredients listing food should not say “may contain nuts or peanuts” or “that they are processed on the same equipment or same facilities using nuts or peanuts”. This is usually under the ingredients but not always.

1. Fresh Fruit but not peaches
2. Fresh Veggies
3. Fruit Snacks
4. Utz Pretzel Sticks
5. Rold Gold Pretzels
6. Shop-Rite Brand Pretzels
7. Herrs Brand Pretzels
8. Teddy Grahams
9. Nabisco Classics- iced animal cookies, iced oatmeal cookies and snicker doodles.
10. Chex mix traditional and cheddar
11. Most Tortilla & Potato chips
12. Oreo cookies but not the Oreo Cakesters
13. Chips a Hoy
14. Goldfish
15. Mini bags of Oreos, Animal Crackers, Goldfish, Teddy Grahams and Chips A Hoy
16. Keebler Vienna Fingers
17. Cheez-Its
18. Sun Chips
19. Ritz cracker and Ritz crackers with cheese dip but no the Ritz bits
20. Health Valley Organic Toaster Tarts (Raspberry, Blueberry and Baked Apple are good not the Cinnamon Danish)
21. Little Bits Brownie
22. Golden Graham Treats- chocolate marshmallow
23. Keebler Fudge Stripes but not the other cookies made by this company
24. Hershey Kisses
25. Hershey Kissables
26. PopTarts but not the peanut butter
27. Apple sauce
28. Fruit cups
29. Premade Jello Cups
30. Premade pudding but watch out for nut mixes
31. Kelloggs Nutri Grain Cereal bars but watch for nut mixes
32. Kashi TLC Blackberry Gram Soft Baked Bars but watch for nuts mixes
33. Yogurt but not ones that have the toppings in the clear top
34. Kelloggs YoGos bits
35. Ice Pops
36. Italian Ices
37. Dixie Cups of Vanilla and Chocolate ice cream (check the brand to make sure)
38. Good Humor Ice cream Chocolate Éclair and Strawberry
39. Cherrios not Honey Nut
40. Cheese and Cheese sticks
41. Raisins and Craisins
42. Plain or Cheese Popcorn

[Safe Food Snack Options](#)

